



Harvest of the Month: Exit Reports Successes & Findings

What is Harvest of the Month?

- Harvest of the Month is an educational program aimed at increasing fruit and vegetable consumption among youth enrolled in schools, summer programs, after-school programs, and child care centers.
- Schools were give mini grants to cover the costs of fruits and vegetables purchased for monthly taste-testing conducted in classrooms.
- A different fruit or vegetable was introduced monthly to youth.





I tried
plums
today!

Sample Harvest of the Month Lesson



PLUM TALKING POINTS

1. Introduction of the Plum

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- _____
- _____
- _____

2. A Slice of History about the Plum

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- _____
- _____
- _____

3. How do Plum's grow?

- _____
- _____
- _____
- _____

4. What season do we pick Plums?

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- _____
- _____
- _____

5. Vitamins and Minerals from the Plum



PLUM TALKING POINTS

2. Slice of Plum History

- Like peaches, plums originated in China about 4,000 years ago.
- The species *Prunus salicina* (Japanese plum) originated in China, but was domesticated in Japan 400 years ago.
- John Kelsey, a nurseryman from Berkeley, brought the plum from Japan to California in 1870.
- Early colonists brought the European plum, *Prunus domestica*, to America and pioneers traveled West with it during the Gold Rush.
- The dried plum industry arose in California after the Gold Rush.
- Plums (*Prunus domestica*) date back in writing to 479 B.C. They were prominent in the writings and songs of Confucius which include a listing of popular foods of Chinese culture. In 65 B.C., Pompey the Great introduced the plum to the orchards of Rome, and Alexander the Great eventually brought them to the Mediterranean regions. Early American colonists found wild plums growing along the east coast, but today the common European plum has replaced the native wild plum in popularity and as a commercial crop. Plums are now the second most cultivated fruit in the world, second only to apples.
- The plum tree plays a significant role in Chinese mythology and is associated with great age and wisdom. Blossoms of the plum tree are carved on jade to signify resurrection.

3. How Do Plums Grow?

- Unlike other stone fruits, plum trees are adaptable to a wider range of climatic conditions. Both Japanese

and European plums thrive where rainfall during the growing season is minimal (less than 30-45 inches annually). In winter, plum trees require pruning and a chilling, or rest, period (between 800-850 "chill hours").

- The plum is a stone fruit tree of the Rose family. This deciduous tree produces white flowers in clusters of one to five, each flower with five petals. The flowering plants produce drupes, or fleshy fruits surrounding stone pits. Plums are related to other stone fruits such as peaches, apricots, and cherries, which are also drupes. The plum is more diverse than its relatives and grows in a wide range of shapes, sizes, colors, and flavors. Plums have a groove running down one side, smooth skin, and stone pits.



4. What's in Season?

- California grown plums are in peak season during summer. They are usually available from May to October. California grown varieties may be fresher and cost less than varieties shipped from other states or countries.



I tried
plums
today!



www.sdharvestofthemonth.org



Plums

Nutrition Facts	
Serving Size 165 g	
Amount Per Serving	
Calories 76	Calories from Fat 4
	% Daily Value*
Total Fat 0g	1%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 19g	6%
Dietary Fiber 2g	9%
Sugars 16g	
Protein 1g	
Vitamin A 11%	Vitamin C 26%
Calcium 1%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
NutritionData.com	

One serving is a medium-sized plum.

Plums have Vitamin A for healthy eyes, Vitamin C for a healthy immune system, and fiber for healthy digestion.

Did you know?

1. Native species of plums are found in most of the world's north temperate zones. The American plum (*Prunus americana*) is the only plum tree native to South Dakota.
2. Plums are considered stone fruits, which also include cherries, almonds, apricots, peaches and nectarines. They are named stone fruits because the fleshy fruit is surrounded by a "stone," or pit.
3. Prunes are actually dried plums and have been eaten for centuries.
4. Plums are in peak season during the summer and fall but growing them takes a year-round effort.

Produce Tips

- Look for plums with solid colors—red, purple, black, light green or yellow.
- Choose firm plums that give slightly to gentle pressure.
- Ripen hard plums in a paper bag at room temperature for up to 3 days.
- Store ripe plums in the refrigerator.
- Plums can be plump and round almost like an apple, or they can be oval or tear-drop shaped.
- Most of the plums eaten in SD are labeled either Japanese plums or European plums.



Healthy Serving Ideas for Plums

- Pack whole ripe plums in lunches or as snacks.
- Add sliced plums to green salads.
- Make a stone fruit salad with peaches, plums and apricots.
- Top low-fat yogurt with sliced plums and granola.
- Blend plums with low-fat milk or yogurt and ice.
- Chop plums and add them to muffins or your favorite spiced bread recipe.

Plum Recipes



Plum Punch

2 C. diced plums
2 C. sparkling cider (optional)
2 C. apricot juice
1 C. seltzer

Combine ingredients in bowl. Divide among 4 ice-filled glasses, or use frozen strawberries instead of ice.

Plum Gratin with Honey

4 or 5 large plums
1/2 cup 1% milk
1/3 cup coarsely chopped almonds
2 Tbsp. sugar
1/2 cup all-purpose flour
Honey
2 large eggs
1/8 teaspoon salt

Preheat the oven to 425 F. Grease a 9-inch round/oval baking dish. Cut plums in half, pit, and slice into 1/2 inch thick slices. Place slices in prepared dish snugly in single layer of concentric circles. In a bowl, whisk the eggs about 30 seconds. Beat in the milk, flour, and salt for a smooth batter. Pour evenly over the plums. Sprinkle sugar and the almonds on top. Bake 15-20 minutes, or until puffed and golden and the plums have softened. To serve, spoon the warm gratin into small bowls and drizzle honey on top.

Plum Chutney

4 plums (about 1 lb.) pitted and chopped
3 Tbsp. honey
3 Tbsp. red-wine vinegar
Pinch of crushed red pepper (optional)

Combine plums, vinegar, honey and crushed red pepper in a medium saucepan. Bring to a simmer over high heat. Cover, reduce heat and simmer, stirring occasionally, until the plums start to break down, 5 to 10 minutes. Transfer to a blender or food processor and pulse several times into a coarse puree. Serve on crackers.

Plum Salsa

2 large tomatoes, diced
4 plums, pitted and diced
1 teaspoon minced garlic
1/2 teaspoon salt
1/4 teaspoon chili powder (optional)
1/2 small red onion, diced
8 sprigs fresh cilantro, chopped (optional)
1 teaspoon lime juice
1/4 teaspoon freshly ground black pepper

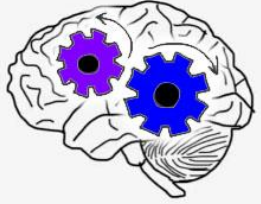
Mix all ingredients in a bowl; cover with plastic wrap. Refrigerate about 1 hour, or until flavors blend.

Plum Bread

1/2 C. honey
2 C. all-purpose flour
1/4 C. applesauce
1 egg
2/3 C. white sugar
1 tsp. baking soda
1/4 tsp. cinnamon
1 C. walnuts (optional)
1 tsp. vanilla
1/4 C. milk
1 C. chopped plums
1/4 tsp. ground cloves (optional)

Preheat oven to 350°F. Lightly grease a 9x5 inch loaf pan. In a large bowl, blend the egg, honey, sugar, and vanilla. Gradually add milk and applesauce. Mix in the flour, baking soda, cloves, and cinnamon. Fold in the plums and walnuts. Transfer the batter to the prepared loaf pan, and bake 50 to 60 minutes, or until a toothpick inserted in the center of the loaf comes out clean.

Search online for other healthy plum dishes: plum pancakes, grilled plums, plum oatmeal crisp, etc.



Student Participation

Grades	Average number of students	Average number of lessons
preK	23	7
K	25	7
1	22	12
2	20	6
3	19	6
4	20	6
5	20	5
6	50	2
7	82	5
8	72	4
9-12	18	5

Fruit Lessons & Recipes

Fruits	Avg. number of lessons	1 recipe sampled	2 recipes sampled	3+recipes sampled
Apples	5	3	2	0
Grapes	9	6	3	0
Apricots	1	1	1	0
Melon	6	5	1	0
Plums	1	1	0	0
Berries	12	9	2	1
Other	3	3	0	1

Vegetable Lessons & Recipes

Vegetables	Avg. number of lessons	1 recipe sampled	2 recipes sampled	3+recipes sampled
Beans	7	5	0	4
Peppers	5	3	1	0
Broccoli	6	4	2	0
Spinach	4	3	0	1
Carrots	9	8	1	2
Tomatoes	8	5	0	3
Sweet Potatoes	4	3	1	0
Greens	4	2	0	2
Cucumber	3	2	1	0
Other	2	2	0	1

HOM Materials

Parent Newsletter	Powerpoint Slide Show	Recipe Handouts	Note-taking Worksheet	Sampling of Food
9	9	14	3	15

Program Assistants

Program Director/ Principal	Teachers/ Educators	Support Staff	Parents	Volunteers
4	8	10	2	2

School Role of Program Implementers

Administrator	Food Service Director/ Manager	Teacher	Paraprofessional	4-H Youth Program Advisor	After-school or OST Director
3	3	7	0	5	2

Involvement of School/Agency Partners

Taught lessons	Assisted with lessons	Shopped for food	Prepared and served food	Provided funds or food	Other
2	8	4	10	4	4

Perceived Student Improvement

	Strongly Disagree	Disagree	Undecided	Agree	Strongly Agree
Increased student contact with FV	0	0	0	8	10
Increased student knowledge about FV	0	0	0	9	9
Increased acceptance of eating FV	0	0	3	7	8
Increased student discussion of FV	0	0	2	7	9
Increased interest in preparing FV	0	0	1	12	5

Teacher/Instructor & Parent Improvement

	Strongly Disagree	Disagree	Undecided	Agree	Strongly Agree
I provide reminders related to FV	0	0	1	9	8
I encourage serving FV in school/class events	0	0	1	8	9
I increased my personal consumption of FV	0	0	2	8	8
Increased parent encouragement of preparation and eating of FV	0	0	5	8	5

Teacher/Instructor Comments

Suggestions for Improvement:

- “I would have more parent involvement through preparing and assisting during the lessons.”
- “I would set up a farm tour to show children and parents where the produce is grown locally and how they can buy it locally.”
- “Different recipes or more fruits/veg.”
- “We would have partnered with another agency in the community to support our garden efforts.”



Teacher/Instructor Comments

Success Stories:

- “I couldn’t believe the youth ate a whole head of lettuce without salad dressing.”
- “When I presented the cooked greens lesson, 15 out of the 17 children asked for a large piece of Swiss chard and collard greens to try as I ripped off pieces for them to sample, and they all liked it and wanted more.”
- “The grocery store owner came up to me and said 'Thank you for getting my son to try a carrot!' He now likes cooked carrots and had never eaten one before my class.”

